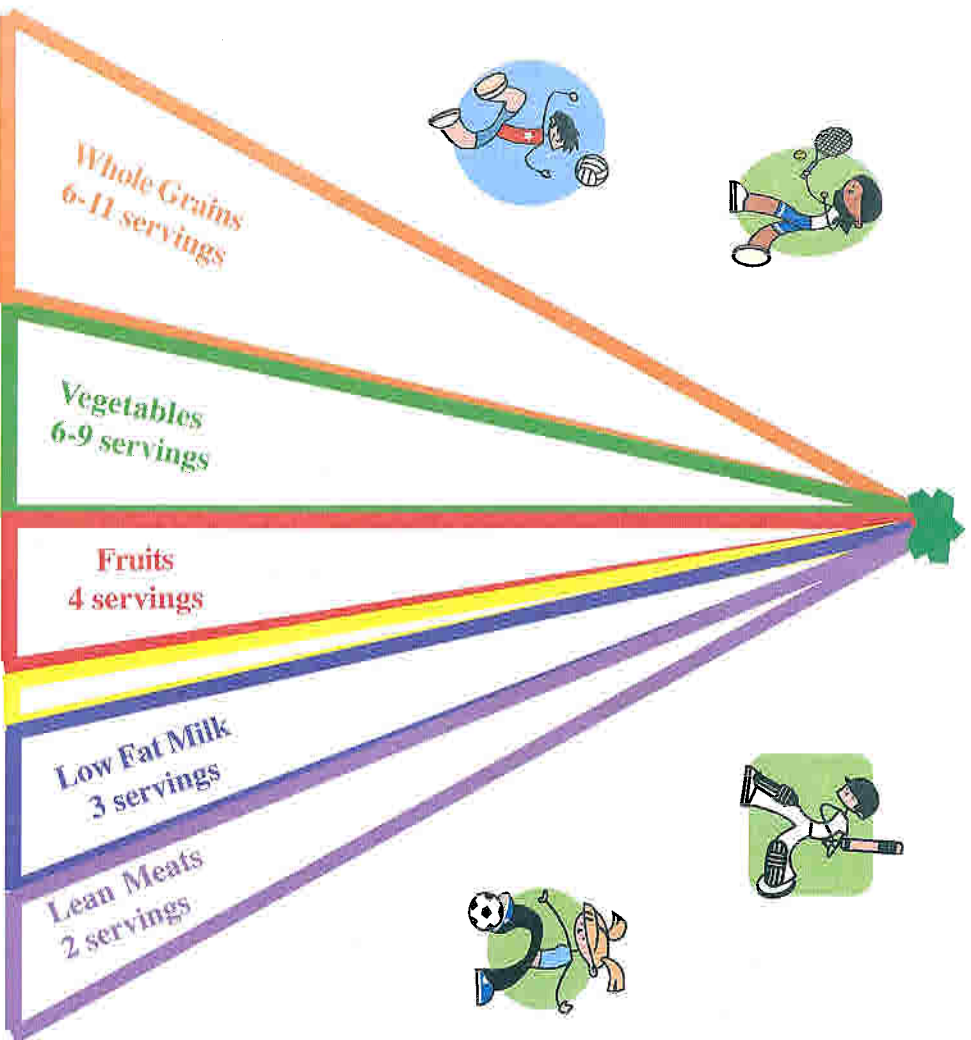


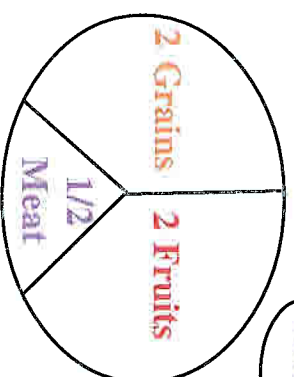
FAMILY GUIDE to MEAL PLANNING and FOOD PREPARATION



Whole Grains 6-11 servings	Vegetables 6-9 servings	Fruits 4 servings	Low Fat Milk 3 servings	Lean Meat, Chicken fish, Eggs & Beans 2 servings
Brown Rice	Broccoli	Mango	Cheese	Fish
Whole Wheat Bread	Spinach	Papaya	Yogurt	Chicken
WIC Breakfast Cereal	Peach	Pineapple	Milk	Dry Beans (cooked)
Noodles	Carrots	Watermelon	Smoothies	Peanut Butter
	Sweet Potato	Oranges		Eggs
	Long Beans	Fruit Juice (100%)		

Suggested Meal Pattern

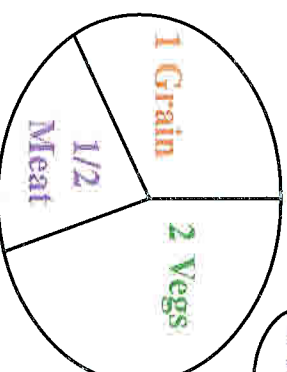
Breakfast Plate



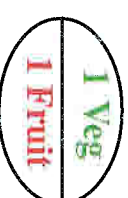
Morning Snack



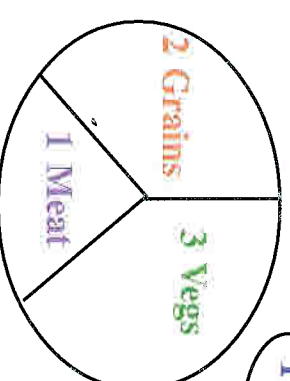
Lunch Plate



Afternoon Snack



Dinner Plate



Evening Snack



Breakfast

Day 1

2 servings
WIC Cereal
1 serving fresh Papaya
1 serving
low fat Milk

Morning Snack

1 serving
Orange Juice

Lunch

1 serving Beef Pattie
1 serving Macaroni
with
2 servings Mixed Vegetables
1 serving low fat Milk

Afternoon Snack

1 serving
Carrot Sticks
1 serving
Pineapple

Dinner

1 serving BBQ Chicken
2 servings Brown Rice
2 servings canned Corn
1 serving Green Beans
1 cup lowfat Milk

Evening Snack

1 serving
Cereal
1 serving
Banana

Key Box:

Grain=6+ servings
Veg =6+ servings
Fruit = 4 servings
Milk = 3 servings
Meat =2 servings

Breakfast

Day 2

2 servings Rice
1 serving 100%
Orange Juice
1 serving Cheese
1 serving Egg
(= 1/2 serving)

Morning Snack

1 serving
Mango

Lunch

2 servings Bread
with
1/2 serving Tuna
2 servings Green Salad
1 serving low fat Milk

Afternoon Snack

1 serving
Cucumber
1 serving
Apple

Dinner

1 serving
Baked Fish
2 servings Stir-Fry Noodles
3 servings Chopped
Vegetables
1 cup lowfat Milk

Evening Snack

1 serving
Crackers
1 serving
Cantaloupe

Key Box:

Grain=6+ servings
Veg =6+ servings
Fruit = 4 servings
Milk = 3 servings
Meat =3 servings

Breakfast

Make Your
Own Day

Morning Snack

Lunch

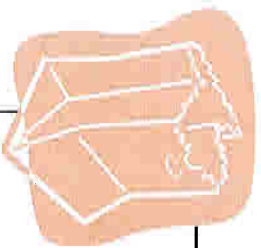
Afternoon Snack

Dinner

Evening Snack

Key Box:

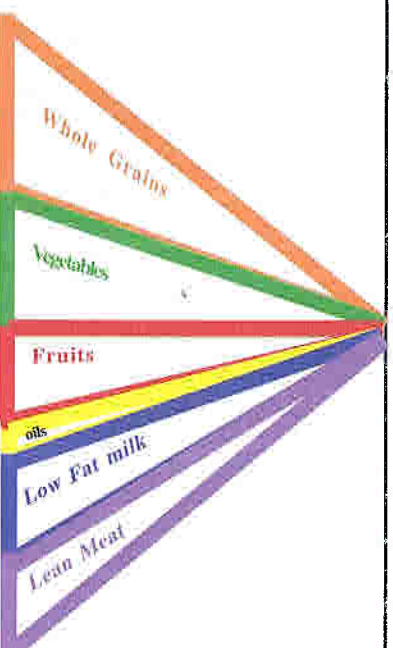
Grain = 6+ servings
Veg = 6+ servings
Fruit = 4 servings
Milk = 3 servings
Meat = 3 servings



Shopping Checklist for Making Healthier Meals



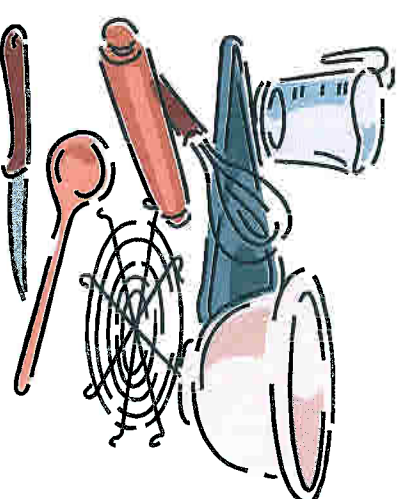
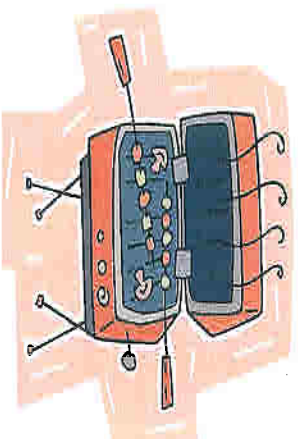
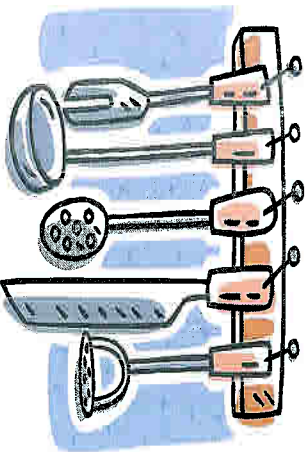
- ☐ Plan your meals using the *Family Guide to Meal Planning Pyramid*.
- ☐ Before going to the store, make a shopping list of healthy foods.
- ☐ Buy crunchy vegetables for snacks.
- ☐ Choose low fat yogurt, low fat cheese, low fat milk and low fat sour cream.
- ☐ Buy 100% juice instead of soda, punch, or flavored & sweetened drinks.
- ☐ Buy fresh fruits or vegetables for snacks instead of candies, chocolates, cakes, doughnuts or cookies.
- ☐ Get more fresh, frozen or canned fruit packed in it's own juice instead of heavy syrup.
- ☐ Get more fresh, frozen or canned vegetables.
- ☐ Buy fresh or frozen meat, chicken, turkey, or fish instead of canned or processed meats like hotdogs, cold cuts, vienna sausage.
- ☐ Get more whole grain bread or crackers in place of white.
- ☐ Read "Food Labels" to choose foods lower in fat, sugar, and salt (sodium).





Cooking Tips for Making Healthier Meals

- ❑ Follow your planned menu from this handout.
- ❑ Steam, BBQ, Boil, Bake, or Broil instead of trying.
- ❑ When cooking rice, try mixing brown rice with white rice.
- ❑ Use low fat milk and coconut flavoring in place of coconut milk.
- ❑ Use vegetable oils such as corn oil, olive oil, soy oil or canola oil.
- ❑ Use less soy sauce, salt, fish sauce or monosodium glutamate(MSG).
- ❑ For flavoring, cook with fresh or powdered garlic, onion, spices and herbs.



Tips on How to Keep Your Family's Food Safe

(1) Wash your hands and kitchen counters often:

- ☐ Always wash hands with soap and warm running water before cooking and handling food.
- ☐ Always wash cutting boards, knives, utensils, dishes and counter tops with hot soapy water.
- ☐ After meat preparation, always wash cutting boards, knives, and counter tops before preparing other foods.



(2) Stop growth and spread of germs:

- ☐ Store raw meat, chicken, turkey, and seafood in individually sealed containers in the refrigerator.
- ☐ Keep uncooked meat, chicken, turkey, and seafood separate from cooked meats.
- ☐ Never put raw meat, chicken, turkey, or seafood together with cooked food on a plate or cutting board.
- ☐ When foods are left out on stove top for 1 hour or more, keep cold foods COLD and hot foods HOT.

(3) Refrigerate promptly:

- ☐ Thaw frozen foods in the refrigerator overnight, not on the kitchen counter. You can also thaw foods under cold running water or change the water every 30 minutes.
- ☐ Refrigerate or freeze left over foods right away. Meat, chicken, turkey, seafood, and egg dishes should not sit out at room temperature for more than 2 hours.
- ☐ Divide large amounts of left overs into smaller, shallow containers for quick cooling in the refrigerator.
- ☐ Keep your refrigerator at 45 degrees F or below and freezer under 0 degrees F. Do not overload the refrigerator. Cool air needs to circulate to keep food safe.

(4) Keep your kitchen safe for your children.

- ☐ Keep pot handles turned in toward the stove.
- ☐ Put knives out of children's reach.
- ☐ Make sure stoves and kitchen appliances are turned off right away after cooking.



- ## Tips on How to Keep Your Family Physically Active
- ☐ Limit TV watching and computer games to 2 hours a day.
 - ☐ Plan family physical activities such as walking, running, jogging or playing ball together.
 - ☐ During rainy or hot weather, walk indoors or in the mall.
 - ☐ Park your car farther away from the store entrance.
 - ☐ Use stairs instead of elevator or escalator.



Guam WIC Program

Department of Public Health and Social Services

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